

# activate Nova Scotia



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Contact Agency: Recreation Nova Scotia  
P: (902) 425-1128 F: (902) 422-8201 rns@sportns.ns.ca

## Youth Exchange 2002

In partnership with YMCA Youth Exchanges Canada and **Pfizer Canada**, the **Active Living Alliance for Canadians with a Disability** will present the 2nd annual **Youth Exchange**, in Ottawa, June 27 to July 2 at Carleton University. This is an exciting national program that provides an opportunity for young Canadians with disabilities to participate in an experience of a lifetime. Approximately 100 young people representing all geographic regions of the country have the opportunity to interact with their peers from coast to coast, sharing their experiences and commonalities, learning the value of an active lifestyle, and sharing information about their home province or territory.

While this national exchange program will have an "active living" flavour, it is not necessarily about sports or being an athlete. In fact, it is an opportunity for those who would like to increase their level of physical activity to experience novel and fun activities in a safe and supportive environment.

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The program includes opportunities to participate in many activities, as well as to be part of discussions regarding personal development (such as body image, self-esteem and self-advocacy). The fact that the exchange is a national gathering allows participants to interact directly with peers from all Canadian provinces and territories, enriching each other with a better appreciation of what it is like to live in other regions of the country.

Canadians to travel and explore a region of Canada where they may never have been before; to meet others and make new friends from across the country; and to return to their communities equipped with the knowledge and determination to assist others with disabilities in increasing their level of physical activity.

### 2002 Nova Scotia contingent is:

- Jessie Planetta – Sydney
- Jason Sears – Amherst

- Jessie-Mae Gaetz – Windsor
- Patrick Hanratty – Sydney
- Krysti Power – Sydney Mines
- Kelly Roswell – Windsor
- Trina Cark – Windsor
- Andrew Herman – Bridgetown

ALACD is still looking for 2 volunteer chaperones to travel and assist with the Nova Scotia participants during their trip. The group will be departing for Ottawa on Wednesday, June 26, 2002 where they will then stay at Carleton University and take part in exciting activities like canoeing, rock climbing, dances and visiting the Canada and World Pavillion. The group will also have the chance to celebrate Canada Day in the Country's Capital city before traveling back home to Nova Scotia, bringing with them stronger leadership skills and more self confidence.

For more information on the Youth Exchange or to volunteer as a chaperone, please contact the **Active Living Alliance for Canadians with a Disability (ALACD)** at 1-800-771-0663 or by email at [info@ala.ca](mailto:info@ala.ca).

In Nova Scotia, Recreation Nova Scotia (RNS) is the representative of The ALACD contact RNS at 425-1128 or by email at [rns@sportns.ns.ca](mailto:rns@sportns.ns.ca)

A C T I V A T E N O V A S C O T I A !



## Access Awareness Week May 23-June 1

Partnership for Access Awareness Nova Scotia (PAANS) is a provincial, non-profit organization governed by an elected Board of Directors, committed to working toward full citizenship for Nova Scotians with disabilities. By eliminating barriers through public education and awareness, our ultimate goal is an inclusive, diverse and barrier free society.

In the late 1980's, Rick Hansen's "Man in Motion" World Tour spawned the creation of National Access Awareness Week (NAAW). PAANS continues this tradition with Access Awareness Week Nova Scotia.

Access Awareness Week 2002 profiled prominent issues for persons with disabilities. Through regional and provincial activities, all Nova Scotians are prompted to recognize issues facing persons with disabilities. In partnership with the Disabled Persons Commission and the Collaborative Partnerships, PAANS sponsored Provincial Events, including the Proclamation Signing Ceremony on May 27, and Province House, The Annual

Citizenship Forum, May 29 at the Casino NS Hotel, and The Mel Hebb Hourglass Action Awards Ceremony, May 29.

Access Awareness week was action-packed with exciting events like the Disability Awareness Fair on May 23 - 24 held in Sydney, followed by a parade in Antigonish and Guysborough on May 25, and The Super Cities Walk for Multiple Sclerosis on May 26 in Yarmouth, Halifax, Truro, New Glasgow and Antigonish.

Michael Kendrick, PhD, known for his many public presentations and articles on leadership and other related challenges, held a storytelling afternoon on May 31, as well as, facilitating a full day training session on Saturday, June 1, 2002.

To find out how you can get involved in 2003, contact Partners in Access Awareness Nova Scotia: Telephone: (902) 489-8384 E-mail: [paans@ns.sympatico.ca](mailto:paans@ns.sympatico.ca) Website:

<http://accessawareness.nsnnet.org>

## Senior Citizens' Secretariats' 50+ Expo

The Senior Citizens' Secretariats' 50+ Expo has an "Active Living" theme this year and it is being held at a new location.

The expo promises to showcase the numerous "Active Living" opportunities in our province, for people over 50.

Businesses from the private sector and those from the not-profit-organizations are invited to rent space to show the 50+ crowd what they have to offer. Be sure to stop by and visit the Recreation Nova Scotia and Active Living Alliance for Canadians with a Disability display.

Please call 1-800-670-0065 or visit the expo website at [www.50plusexpo.ns.ca](http://www.50plusexpo.ns.ca) for more information.

### Healthy Active Living Be the Best You Can Be!

Senior Citizens' Secretariat is happy to announce a new date and location for its 13th Annual 50+ Expo

#### DATE:

Friday, June 14, 2002  
9:00 am - 6:00 pm / 8:00 pm - Midnight (Dance)

Saturday, June 15, 2002  
9:00 am - 6:00 pm

#### LOCATION:

Exhibition Park, Halifax  
Free Parking and everything on one convenient Level!

1-800-670-0065

[www.50plusexpo.ns.ca](http://www.50plusexpo.ns.ca)

[www.recreationns.ns.ca](http://www.recreationns.ns.ca)  
[www.ala.ca](http://www.ala.ca)